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Sources of Free or Low-Cost Food and Nutrition Materials

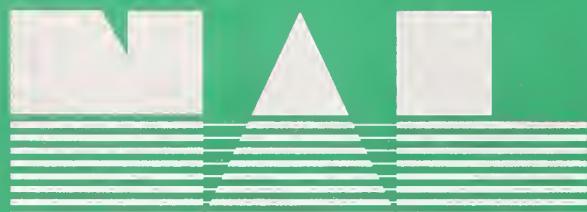
April 1993

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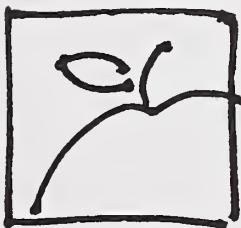
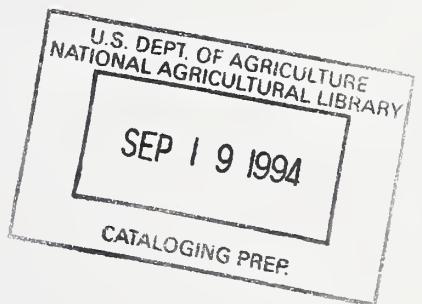


National Agricultural Library

Sources of Free or Low-Cost Food and Nutrition Materials

Revised April 1993

**Food and Nutrition Information Center
(301) 504-5719**



**Food &
Nutrition**

National Agricultural Library Cataloging Record:

Sources of free or low-cost food and nutrition materials : April 1993.

1. Nutrition--Information services--Directories. 2. Food--Information services--Directories. I. Food and Nutrition Information Center (U.S.) II. Title.
aTX353

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Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and has a limited number of publications to distribute in bulk, the Center has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into three sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Associations; and 3) Food Companies. If the organization has materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. Not all publications are available in all languages. The languages are abbreviated as follows:

A	= Arabic
C	= Cambodian
Ch	= Chinese
Cz	= Czechoslovakian
F	= Farsi
H	= Hmong
J	= Japanese
K	= Korean
Kh	= Khmer
L	= Laotian or Lao
P	= Polish
R	= Russian
S	= Spanish
T	= Tagalog
Td	= Tai Dam
Th	= Thai
Tu	= Turkish
V	= Vietnamese

FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

Section I. Nutrition, Medical, and Health Organizations

A. National Contacts

Aging

American Association of Retired Persons
601 E Street, NW
Washington, DC 20049
(202) 434-2277

Asociacion Nacional Pro Personas Mayores (S)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
(213) 487-1922

National Institute on Aging (S)
Information Office
Building 31, Room 5C-27
9000 Rockville Pike
Bethesda, MD 20892
(301)496-1752

Alcohol and Drugs

National Clearinghouse for Alcohol and Drug Information (S)
Information Specialist
P.O. Box 2345
Rockville, MD 20847-2345
(301) 468-2600
(800) 729-6686

National Council on Alcoholism and Drug Dependence
12 W. 21st Street, Suite 700
New York, NY 10010
(800) NCA-CALL

Allergies

American Allergy Association
P.O. Box 7273
Menlo Park, CA 94026
(415) 322-1663

The Food Allergy Network
4744 Holly Avenue
Fairfax, VA 22030-5647
(703) 691-3179
(800) 929-4040

Arthritis

Arthritis Foundation Information Line
1314 Spring Street, NW
Atlanta, GA 30309
(800) 283-7800

Cancer

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
(800) 227-2345

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 328-7744
(800) 843-8114

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A-24
9000 Rockville Pike
Bethesda, MD 20892
(800) 4-CANCER
in Alaska (800) 638-6070
in Hawaii (800) 524-1234

Dental Health

American Dental Association (S)
Department of Public
Information and Education
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2593

National Institute of Dental Research
Public Information and Reports Section
Building 31, Room 2C35
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-4261

Diabetes

American Diabetes Association (S)
National Service Center
1660 Duke Street
Alexandria, VA 22314
(703) 549-1500
(800) 232-3472

Juvenile Diabetes Foundation
International Helpline
432 Park Avenue South
New York, NY 10016
(800) 223-1138
in New York (212) 889-7575

National Diabetes Information
Clearinghouse (S)
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-2162

Digestive Diseases

National Digestive Diseases
Information Clearinghouse
Box NDDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-6344

Eating Disorders

American Anorexia/Bulimia Association
418 East 76th Street
New York, NY 10021
(212) 734-1114

Anorexia Nervosa and Related
Eating Disorders
P.O. Box 5102
Eugene, OR 97405
(503) 344-1144

National Anorexic Aid Society
445 E. Doublin-Granville Rd.
Worthington, OH 43085
(614) 436-1112

National Association of Anorexia Nervosa
and Associated Disorders
Box 7
Highland Park, IL 60035
(708) 831-3438

National Food Addiction Hotline
2000 Commerce Drive
Melbourne, FL 32904-2335
(800) USA-0088

Fitness and Sports

Aerobics and Fitness Foundation
15250 Ventura Blvd., Suite 200
Sherman Oaks, CA 91403
(818) 905-0040

International Center for Sports Nutrition
502 South 44th St., Suite 3012
Omaha, NE 68105
(402) 559-5505

Women's Sports Foundation
342 Madison Avenue, Suite 728
New York, NY 10173
(800) 227-3988

Food and Nutrition

Community Nutrition Institute
2001 S Street, NW, Suite 530
Washington, DC 20009
(202) 462-4700

Food and Drug Administration (S)
Office of Consumer Affairs
Department of Health and Human Services
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170

Food and Nutrition Information Center
National Agricultural Library/USDA
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705-2351
(301) 504-5719

Human Nutrition Information
Service/USDA (S)
Public Affairs Staff
6505 Belcrest Road
Hyattsville, MD 20782
(301) 436-8617

National Center for Nutrition and
Dietetics (S)

The American Dietetic Association
216 W. Jackson Blvd., Suite 800
Chicago, IL 60606-6995
(312) 899-4854
(800) 366-1655

Penn State Nutrition Center
The Pennsylvania State University
Ruth Bldg., 417 E. Calder Way
University Park, PA 16802-5663
(814) 865-6323

Nutrition Information Center
515 East 71st Street S 904
New York, NY 10021
(212) 746-1617

Food Safety

Food Safety and Inspection Service (S)
Meat and Poultry Hotline/USDA
Room 1165-S
Washington, DC 20250
(202) 720-3333
(800) 535-4555

General Health

American Medical Association
515 N. State Street
Chicago, IL 60610
(312) 464-5000
(800) 621-8335

Bureau of Refugee Services
(C,Ch,F,H,K,Kh,L,R,T,Td,Th,V)
Iowa Department of Human Services
1200 University, Suite D
Des Moines, IA 50314
(515) 283-7999

Center for Science in the Public Interest
1875 Connecticut Avenue, NW, Suite 300
Washington, DC 20009
(202) 332-9110

Consumer Information Center (S)
Pueblo, CO 81009

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010
(212) 578-3372

National Clearinghouse for Primary
Care Information
8201 Greensboro Drive, Suite 600
McLean, VA 22102
(703) 821-8955 ext. 248

National Council Against Health
Fraud, Inc.
P.O. Box 1276
Loma Linda, CA 92354
(909) 824-4690

New Mexico Department of Health (S)
Health Promotion Bureau
P.O. Box 26110
Santa Fe, NM 87502-6610
(505) 827-2504

ODPHP National Health Information
Center (Office of Disease Prevention and
Health Promotion)
P.O. Box 1133
Washington, DC 20013-1133
(800) 336-4797
in Maryland (301) 565-4167

Ohio Department of Health Refugee
Health Program (L,C,V,P,Cz,H,R)
35 E. Chestnut St. 7th Floor
Columbus, OH 43266-0118
(614)-644-8162

Public Voice For Food and Health Policy
1001 Connecticut Avenue, NW, Suite 522
Washington, DC 20036
(202) 659-5930

Heart Disease

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

American Heart Association (S)
Florida Affiliate, Inc.
5220 Biscayne Boulevard
Miami, FL 33137
(305) 751-1041

American Heart Association (Ch, J, R, S)
San Francisco Chapter
120 Montgomery, Suite 1650
San Francisco, CA 94104
(415) 433-2273

NHLBI Information Center (S)
(National Heart, Lung, Blood Institute)
P. O. Box 30105
Bethesda, MD 20824-0105
(301) 951-3260

Maternal and Child Health

Allegheny County Health Department
Nutrition Service WIC Program
Investment Building
239 4th Avenue, 21st Floor
Pittsburgh, PA 15222
(412) 355-5800

American College of Obstetricians
and Gynecologists
Office of Public Information
409 12th Street, SW
Washington, DC 20024
(202) 638-5577

La Leche League International
(A,C,Ch,H,K,L,P,R,S,T,Th,Tu,V)
P.O. Box 1209
Franklin Park, IL 60131-8209
(708) 455-7730

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

National Center for Education in Maternal
and Child Health Clearinghouse
2000 15th Street, North, Suite 701
Arlington, VA 22201
(703) 524-7802

B. Local Contacts for Nutrition, Medical and Health Organizations

Local Contacts (listed in telephone directory)

American Cancer Society (city, county, or state)
Health Educator

American Heart Association (city, county, or state)
Health Educator

Cooperative Extension Service (county or university)
Home Economist/Nutritionist

Diabetes Association (city or state)
Health Educator

F.D.A. Consumer Affairs Office
Consumer Affairs Officer

Health Department (city, county, or state)
Nutritionist or Registered Dietitian

Hospital
Registered Dietitian

March of Dimes
Health Educator

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who do have these materials.

Section II. Food-Related Associations

Beverages

National Coffee Association of USA
110 Wall Street
New York, NY 10005
(212) 344-5596

Wisconsin Milk Marketing Board/Dairy Farmers of Wisconsin
8418 Excelsior Drive
Madison, WI 53717
(608)836-8820

Dairy, Eggs, and Cheese

American Dairy Products Institute
130 N. Franklin Street
Chicago, IL 60606
(312) 782-4888

Dried Fruits, Nuts, and Legumes

American Soybean Association
540 Maryville Center
St. Louis, MO 63141
(314) 576-1770

American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068
(312) 694-0450

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

National Dairy Board
2111 Wilson Blvd., Suite 600
Arlington, VA 22201
(703) 528-4800

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447

United Dairy Industry Association
National Dairy Council
O'Hare International Center
10255 West Higgins Road, Suite 900
Rosemont, IL 60018-5616
(708) 803-2000

California Pistachio Commission
Department QRS
1915 N. Fine Avenue
Fresno, CA 93727
(209) 252-3345

National Yogurt Association
708 3rd Avenue, 11th Floor
New York, NY 10017
ATTN: Greg Tarmen
(212) 880-5348

California Prune Board
55 Union Street
San Francisco, CA 94111
(415) 984-6206

California Raisin Advisory Board
55 Union Street
San Francisco, CA 94111
(415) 984-6376

Idaho Bean Commission
P.O. Box 9433
Boise, ID 83707
(208) 334-3520

National Sunflower Association
4023 State Street
Bismarck, ND 58501
(701) 221-5100

Peanut Advisory Board
1950 North Park Place, Suite 525
Atlanta, GA 30339
(404) 933-0357

USA Dried Pea and Lentil Council
5071 Highway 8 West
Moscow, ID 83843
(208) 882-3023

Fish and Seafood

Alaska Seafood Marketing Institute
1111 West 8th Street, Room 100
Juneau, AK 99801-1895
(907) 465-5560

Maine Sardine Council
P.O. Box 337
Brewer, ME 04412
(207) 989-2180

National Fisheries Institute, Inc.
1525 Wilson Blvd., Suite 500
Arlington, VA 22209
(703) 524-8881

American Seafood Institute
212 Main Street, Suite 3
Wakefield, RI 02879
(800) 328-3474

Virginia Marine Products Board
554 Denbigh Boulevard, Suite B
Newport News, VA 23602
(804) 874-3474

Fruit

California Apricot Advisory Board
1280 Boulevard Way, Suite 107
Walnut Creek, CA 94595
(510) 937-3660

California Avocado Commission
1251 E. Dyer Road, Suite 200
Santa Ana, CA 92705
(714) 558-6761

Canned Fruit Promotion Service, Inc.
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714

California Tomato Board
2017 N. Gateway Blvd., Suite 102
Fresno, CA 93727
(209) 251-0628

California Kiwifruit Commission
1540 River Park Drive, Suite 110
Sacramento, CA 95815
(916) 929-5314

California Olive Industry
1903 N. Fine Avenue, Suite 102
Fresno, CA 93727
(209) 456-9096

California Strawberry Advisory Board
P.O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301

California Table Grape Commission
2975 N. Maroa
P.O. Box 5498
Fresno, CA 93755
(209) 224-4997

California Tree Fruit Agreement
P.O. Box 255383
Sacramento, CA 95865
(916) 483-9261

Cherry Marketing Institute
2220 University Park Drive, Suite 200
Okemos, MI 48864
(517) 347-0010

The Cranberry Institute
P.O. Box 535
E. Wareham, MA 02538
(508) 295-4132

Florida Department of Citrus
1115 East Memorial Boulevard
P.O. Box 148
Lakeland, FL 33802
(813) 499-2500

International Apple Institute
P.O. Box 1137
McLean, VA 22101
(703) 442-8850

International Banana Association
1627 K Street, NW, Suite 910
Washington, DC 20006
(202) 223-1183

Michigan Apple Committee
13105 Schavey Road, Suite 5
De Witt, MI 48820
(517) 669-8353

Michigan Blueberry Growers Association
P.O. Box B
Grand Junction, MI 49056
(616) 434-6791

National Cherry Growers and Industry Foundation (Canned)
1005 Tieton Drive
Yakima, WA 98902
(509) 453-4837

New York Cherry Growers Association
7645 Main Street
P.O. Box 350
Fishers, NY 14453
(716) 924-2171

North American Blueberry Council
P.O. Box 166
Marmora, NJ 08223
(609) 399-1559

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6036
(302) 738-7100

United Fresh Fruit and Vegetable Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Washington Apple Commission
P.O. Box 18
Wenatchee, WA 98807
(509) 663-9600

Western New York Apple Growers Association
7645 Main Street
P.O. Box 350
Fishers, NY 14453
(716) 924-2171

Meat and Poultry

American Lamb Council
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Meat Institute
P.O. Box 3556
Washington, DC 20007
(703) 841-2400

National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

National Pork Producers Council
P.O. Box 10383
Des Moines, IA 50306
(515) 223-2600

National Turkey Federation
11319 Sunset Hills Road
Reston, VA 22090
(703) 435-7206

Other Food Related Organizations

The Association for Dressings and Sauces
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Calorie Control Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Food Marketing Institute
800 Connecticut Avenue, NW
Suite 400
Washington, DC 20006
(202) 452-8444

The Glutamate Association
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Infant Formula Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Additives Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Information Council
1100 Connecticut Avenue, NW, Suite 430
Washington, DC 20036
(202) 296-6540

Popcorn Institute
401 N. Michigan Avenue
Chicago, IL 60611-4267
(312) 644-6610

The Sugar Association, Inc.
1101 15th Street, NW, Suite 600
Washington, DC 20005
(202) 785-1122

The Vinegar Institute
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Pasta, Potatoes and Grains

Idaho Potato Commission
P.O. Box 1068
Boise, ID 83701
(208) 334-2350

National Pasta Association
2101 Wilson Blvd., Suite 920
Arlington, VA 22201
(703) 841-0818

Potato Board
1385 S. Colorado Blvd.
Suite 512
Denver, CO 80222
(303) 758-7783

USA Rice Council
P.O. Box 740121
Houston, TX 77274
(713) 270-6699

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845

Wheat Foods Council
5500 South Quebec, Suite 111
Englewood, CO 80111
(303) 694-5828

Vegetables

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348
(215) 388-7806

California Artichoke Advisory Board
P.O. Box 747
Castrville, CA 95012
(408) 633-4411

The Frozen Vegetable Council
c/o Creamer Dickson Basford
1633 Broadway, 27th Floor
New York, NY 10019
(212) 887-8010

Produce Marketing Association
1500 Casho Mill Road
Newark, DE 19714-6036
(302) 738-7100

**Wisconsin-Minnesota Canned
Vegetable Council**
222 N. Midvale Blvd., Suite 29
Box 5258
Madison, WI 53705
(608) 231-2250

Section III. Food Companies

American Home Food Products
Nutrition and Education Services
Dept. 685 Third Avenue
New York, NY 10017
(800) 544-5680 (9AM-5PM EST)

Arm and Hammer
469 N. Harrison St.
Princeton, NJ 08543
(800) 524-1328 (9AM-4PM EST)

Best Foods - a Division of CPC
International Inc.
P.O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307

Cadbury Beverages
Consumer Affairs Office
6 Highridge Park
P.O. Box 3800
Stanford, CT 06913-1051
(800) 426-4891 (9AM-4PM EST)

Campbell Soup Company
Corporate Communications Center
Campbell Place
Camden, NJ 08103-1799
(800) 257-8443 (9AM to 4PM CST)

ConAgra Frozen Foods
Consumer Service Department
6 ConAgra Drive
P.O. Box 3768
Omaha, NE 68103-0768
(800) 722-1344 (10AM - 7PM CST)

Del Monte Consumer Affairs Department
P.O. Box 293575
San Francisco, CA 94119-3575
(800) 543-3090 (8AM - 5PM PST)

Dole Consumer Center
P.O. Box 7330
San Francisco, CA 94120-7330
(800) 232-8888 (8AM-5PM PST)

Empire Kosher Poultry
Customer Relations
P.O. Box 165
Mifflintown, PA 17059
(800) 367-4734 (8AM-5PM M-Th,
8AM-3PM Fri, EST)

General Mills
Consumer Service
P.O. Box 1113
Minneapolis, MN 55440
(800) 328-6787 (7:30AM-5:30PM EST)

Gerber Products
445 State Street
Fremont, MI 49413
(800) 443-7237 (24 hours/day)

Giant Food, Inc.
Consumer Affairs Department
P.O. Box 1804
Washington, DC 20013
(301) 341-4322

H. J. Heinz
1 Riverfront Place
Newport, KY 41071
(800) 252-7022 (9AM-5PM EST)

Hershey Foods Corporation
Consumer Relations Department
P.O. Box 815
100 Crystal A Drive
Hershey, PA 17033-0815
(800) 468-1714 (9AM-4PM EST)

Hormel Foods Corporation
Consumer Affairs
P.O. Box 800
Austin, MI 55912
(800) 523-4635 (8AM-4PM CST)

Hunt-Wesson Foods
1645 West Valencia Drive
Fullerton, CA 92633
(714) 680-1000

Kellogg Company (S)
Consumer Affairs Department
P.O. Box 3599
Battle Creek, MI 49016-3599
(800) 962-1413 (9AM-5PM EST)

Kraft General Foods
Consumer Response Center
250 North Street
White Plains, NY 10625
(800) 431-1003 (9AM-4PM EST)

Kretschmer Wheat Germ Sampling Co.
c/o McDowell & Piasecki
Food Communications, Inc.
20 N. Wacker Drive, Suite 1740
Chicago, IL 60606-0944
(312) 201-9101

Land O'Lakes
Consumer Affairs Department
P.O. Box 116
Minneapolis, MN 5540-0116
(800) 328-4155 (9AM-4PM CST)

McDonald's Customer Relations
McDonald's Corporation
McDonald's Plaza
Oak Brook, IL 60521
(708) 575-6198

Nabisco Brands, Inc.
P.O. Box 1911
East Hanover, NJ 07936
(800) 622-4726 (9AM-7:30 EST)

Nestle Food Company
Nestle Consumer Affairs
800 N. Brand Boulevard
Glendale, CA 91203
(800) 637-8537 (8AM-4PM PST)

The NutraSweet Company
Consumer Affairs
Box 830
Deerfield, IL 60015
(800) 321-7254 (9AM-3PM CST)

Ocean Spray Cranberries, Inc.
One Ocean Spray Drive
Lakeview-Middleboro, MA 02349
(508) 946-1000

Oscar Mayer Foods Corporation
P.O. Box 7188
Madison, WI 53707
(608) 241-3311

Perrier Group of America
Consumer Affairs
601 East Potrail Grande Drive
Monterey Park, CA 91754
(800) 937-2002 (9AM-8PM PST)

The Pillsbury Company
Consumer Relations
Pillsbury Center
200 South 6th Street
Minneapolis, MN 55402
(800) 767-4466 (8AM-6PM CST)

Proctor and Gamble
P.O. Box 599
Cincinnati, OH 45201
(513) 983-1100
(800) 543-7276 (8:30AM-8:30PM EST)

Quaker Oats Company
321 N. Clark Street
Chicago, IL 60610-4714
(312) 222-7111

Specialty Brands (Fleischmann's Yeast)
Department of Consumer Affairs
222 Sutter Street
Box 70004
San Francisco, CA 94120-7004
(800) 777-4959 (7AM-5PM PST)

Sunkist Growers, Inc.
P.O. Box 7888
Van Nuys, CA 91409-7888
(818) 986-4800

Sweet'N Low-Butter Buds Hotline
P.O. Box 140
Great Neck, NY 11021
(800) 231-1123 (9AM-5PM EST)
in New York (800) 336-0363

Sweet One Hotline
Stadt Corporation
Suite 1, P.O. Box 2160
Great Neck, NY 11021
(800) 544-8610 (9AM-5PM EST)

Tyson Foods, Inc.
P.O. Box 2020
Springdale, AR 72765-2020
(800) 233-6332 (8AM-5PM CST)

Vandenberg Foods (Ragu)
Consumer Information Center
75 Merritt Boulevard
Trumbull, CT 06611
(800) 328-7248 (8:30AM-8:30PM EST)

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1022440081

U.S. Department of Agriculture
National Agricultural Library
Beltsville, Maryland 20705

Organic Production
Using the Internet



APR 10